

The Downlo

拍數: 32 牆數: 4 級數: Improver
編舞者: Pepper Siquieros (USA) - May 2008
音樂: Good Life - Blackstreet



Or Music:

Freak Of Nature by Anastacia [Freak Of Nature]

Look At Me Now by Sixwire [101 bpm / Sixwire]

PRESS, KICK, RIGHT COASTER STEP, ROCKS FORWARD & BACK

1-2 Rock weight forward on ball of right, recover back onto left kicking right forward
3&4 Step back on right, step left next to right, step forward on right
5& Rock forward on left, recover to right
6& Rock back on left, recover on right
7& Rock forward on left, recover to right
8 Step left next to right

¼ TURN BUMP & BUMP, ¼ TURN SHUFFLE FORWARD; REPEAT

1&2 Step right into ¼ turn left and bump hips right, center, right
3&4 Turn ¼ turn left and shuffle forward with attitude
5-8 Repeat counts 1-4 (end facing 12:00 weight on left)

MAKE 1 ½ TURNS TO RIGHT, BEND DOWN-DOWN-UP & TURN ½

1-4 Step right ¼ turn to right, step left ½ turn to right, step right ½ turn to right, step left ¼ turn right (feet shoulder width)
5-7 Bend knees and bump hips to right (right hand on back of right hip-left hand rests on left thigh), bend knees lower and bump hips to left, come up a little and bump hips to right (weight on right facing 6:00)
&8 Jump up into ½ turn to right stepping on left, touch right next to left (facing 12:00)

"V" STEP, COASTER STEP, 1 ½ ROLLING VINE LEFT, SCOOT-SCOOT

1-2 Step right forward and slightly to right side, step left forward and slightly to left. Styling: push hips forward with attitude with each step
3&4 Step straight back on right, step left next to right, step forward on right
5-7 Step left to left side into ¼ left, make ½ turn left onto right, make ½ turn left onto left (facing 9:00)
&8 Keeping weight on left hitch right knee up slightly and scoot forward on left, repeat scoot lifting right knee up a little higher (facing 9:00)

REPEAT